

Health Officer Says Now Is Time to Talk Turkey

By K. H. SUTHERLAND, M.D.,
County Health Officer

Now is the time for talking turkey to housewives about how they may help to provide a happy Thanksgiving, unmarred by preventable incidents that could cause illness or injury.

No housewife wants to poison her family or guests, but every year it happens.

The chance of food poisoning can be virtually eliminated with a little extra care. Turkey is a very perishable food and should always be kept very hot or very cold. A turkey should not be stuffed until immediately before roasting, because cold air of a refrigerator will not penetrate a stuffed bird fast enough to insure against bacterial growth in the dressing. How-

ever, dressing may be made a day in advance and stored separately in the refrigerator.

THE SAFEST procedure in roasting a turkey is to use a meat thermometer, with the bulb inserted into the center of the meatiest part of the thigh. Roasting at low temperatures (300 degrees to 325 degrees F.) prevents the meat from drying. Cooking time should be sufficient to allow the internal temperature of the meat to reach 185 degrees to 190 degrees. If no thermometer is handy, test for doneness by moving the drumstick up and down. If the leg joint gives readily, the turkey is done.

The real danger of food poisoning, however, often

comes after a perfect job of preparation is completed. Poultry, meats, gravies and sauces, cream-filled desserts and other rich dishes are gourmet delights to food poisoning bacteria, particularly if the food temperature is between 50 degrees and 140 degrees F. Too frequently these foods are left off the stove but out of the refrigerator for long periods of time, allowing them to become lukewarm and offering bacteria a perfect place to grow. Therefore, foods not being kept hot for serving hot should be refrigerated before they cool to less than 140 degrees. Refrigerating warm foods does not impair their quality or flavor and may prevent food poisoning among

Henry James to Be Speech Topic

"On the Trail of Henry James" will be presented by Dr. Sidney Howard White at the college section meeting of the Catholic Library Association at Loyola High School Saturday. Dr. White is president of the College English Association of Southern California and a member of the Marymount College faculty. The professor completed his advanced research on Henry James at the libraries of Harvard University and Colby College during the past summer.

people who eat them later. **THERE ARE** other safety measures, easily taken, which help to reduce holiday injury statistics. A few of these follow:

- 1) Plan something for the children to do to keep them out of the kitchen and safe from harm while Thanksgiving dinner is being prepared;
- 2) Take care of knives and other sharp tools. Make all cutting or carving strokes away from the body; store knives in a rack or special section of a drawer, points inward;
- 3) Turn handles on pots toward the back of the stove to prevent bumping and spilling; lids should be lifted with edges away from the body to prevent steam scalds; and
- 4) If fat in a skillet or oven

should catch fire, sprinkle baking soda on the flames. It can be washed off cooked meats without leaving a taste. So play safe and have a happy Thanksgiving!

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